Year 11 Physics at Luna Park

On Friday, 20 May, the Year 11 Physics class travelled to Luna Park with Mrs Parsons for a ‘Physics is Fun Friday’ excursion. We had the chance to experience the thrill of all of the rides and had a real blast. While watching some of the rides, we were able to understand how they worked based on physics principles we had been studying in class. The excursion really helped to consolidate our knowledge, making what we had been learning in class easier to understand through observing practical applications first hand. We had so much fun together and had the opportunity to learn physics in a different and exciting way.

Melissa Ruz and Emma Bennett (Year 11 Physics students)
Prefect Column

The prefect body are an important part of the Student Leadership Team at Bethany. As part of their role, the 14 prefects attend fortnightly SRC meetings and share ideas that they would like to implement in regard to their subject area. They also work closely with their KLA coordinator in order to promote the subject and assist them with important events such as Bethany in Action, subject markets, showcase evenings and running groups such as the St Vincent de Paul chapter etc.

As a way of promoting their subject areas, the new prefects for 2016/2017 will have a ‘Prefect Column’ in each newsletter. This column will be a place where the girls can communicate important events, information, fun facts etc about their subject. This is useful as this allows parents and students to learn more about the subjects and extra curricular activities on offer at Bethany and it may also give students who are considering electives in Years 9 and 10 and those who are choosing their pattern of study in Years 11 and 12 a unique insight into these subjects.

A big congratulations to Year 7 student Sophia McDonnell who competed at the Legacy Public Speaking finals, held at the Art Gallery of NSW on Friday 21st October. This is the first time the school has entered into the competition, so to reach the state final in her first attempt is a massive accomplishment. Sophia spoke exceptionally well, delivering her best prepared speech on the topic of “Chequebook Journalism”. Sophia also made an excellent attempt at tackling the tough impromptu topic of “Face The Facts”. Unfortunately, Sophia did not win but gave her absolute best and continued to remain motivated, especially when it came to going up against year 9 and 10 students. Sophia presented herself with great sportsmanship throughout the entire competition and represented the school with great pride.

Once again, a massive congratulations to Sophia McDonnell!

Stefanie Krieg, Debating and Public Speaking Prefect
Mental Health Month

We have continued to celebrate Mental Health Month this October. Our goal in celebrating Mental Health Month is to start life changing conversations, tackle stigma and discrimination and break down help seeking behaviours around mental health.

I am urging everyone to make your MENTAL HEALTH a PRIORITY – not just this month but EVERYDAY. Is there a COMMITMENT you can make, or a GOAL you can set to help you achieve or maintain good well-being? Think about the activities that contribute to you feeling POSITIVE, HEALTHY and FULFILLED and the things that add HAPPINESS and SATISFACTION to your life. To make a mental health PROMISE, visit Mental health Australia’s ‘promise wall’: https://1010.org.au/promise/add

It’s important to remember ‘IT IS OKAY TO NOT BE OKAY’. The best thing you can do is reach out. If you need advice, or want to talk to someone there are many services available. I also encourage you to COMMIT to activities that promote well-being and REACH OUT to people that may need some extra love and support.

The activities students are running to support student well-being have continued to be a huge success at Bethany. Below are some photos of the activities that have taken place.

A team of Year 10 girls ran a MINDFUL COLOURING IN activity to help students alleviate stress.
A team of Year 11 students alongside Miss Robinson organised a Yoga session for students.
Over the next week we will also have more cupcakes and a relaxing meditation for students.

Thank you to all students involved in organising the activities!

Please continue to join in the fun as we celebrate positive well-being!

Katerina Stratilas

School Counsellor
Congratulations Olivia!

Year 9 Italian students from Mrs Criniti’s class entered The Nonni Association Literary Competition “A Journey back to origins”. The entrants had to submit an essay or a short novel, in which they recount their grandparent’s life before and after immigrating to Australia.

Winners were announced at an award ceremony on the 23rd of October at the Marconi Club. It is with great pleasure to announce that Olivia Di Costanzo’s story ‘A Leap of Faith’ won first prize. Olivia’s short story takes us by the hand and leads us inside the lives of her grandparents. Even though Olivia admits that the story of her Liparo-born Nonni is filled with sadness, she bravely enters into their world. Her Nonna lost both her parents at a young age. At the age of 16, she weds a 20 year old man. Six years later arrives the opportunity for a ‘leap of faith’, when out of the blue a letter arrived from Australia saying, ‘venite’ ‘come’. In Olivia’s story her Nonni’s lives are almost a representation of the dynamics of multiculturalism. ‘They continued to move forward weaving their own culture into that of their adopted home’. Olivia’s story is a warm and intimate reconstruction of her Nonni’s migration experience. Olivia won 2 economy return air tickets to Italy plus a 1 week stay in Rome. Olivia is so humble and is giving the tickets to her grandparents. She entered with the intention of get them back to Italy for a visit after a long 30 year absence. Her story will also be published in a book, due for publication next year. Auguri Olivia, we are so proud of you.

Mrs Enza Criniti
Italian Teacher
Pink Ribbon Day

On Wednesday 26 November, the Year 12 leadership team organised a Pink Ribbon Cupcake Stall to raise money for the Cancer Council, as October is Breast Cancer awareness month. Many year 12 students generously brought in lots of delicious pink desserts to sell to the school community. The contributions of staff and students were incredibly overwhelming, with $1165 being raised. We would like to thank everyone for their enormous efforts, and for supporting such an important cause in our community.
Year 12 leadership team
Peak Youth Group

Our lady of Fatima Parish Peakhurst
825 Forest Rd Peakhurst (Cnr Isaac St)

We meet on the following **Friday nights** for a couple of hours of fun filled activities and a light supper ($5 per person):

**November 4** & **December 2**

**END of TERM DISCO 9 & 10 December**

Please come and join us at the following times depending on what year you are in:

**Years 7 to 8** - 6:00pm to 8:00pm

**Years 9 to 12** - 7:30pm to 9:30pm

If you are interested in hanging out and going along to the following activities, grab some friends and come join us!!

For any further information, please contact our Youth Leader, Josh Taylor at joshua.taylor3496@hotmail.com
PEAK YOUTH

Our lady of Fatima Parish Peakhurst
825 Forest Rd Peakhurst

YEAR 9 to 12 DISCO
Friday 9 Dec 2016 7:30pm to 10:30pm

YEAR 7 to 9 DISCO
Saturday 10 Dec 2016 7:30pm to 10:30pm

Tickets are limited and can be purchased through your school office for $10 each. Admission is by ticket only and student ID will be required. Sorry no backpacks permitted in the disco.

Following Schools have been invited:
St Ursula's College Kingsgrove          St Mary's Cathedral College
Bethany College                        Marist College Kogarah
Marist College Penshurst               De La Salle College Revesby

Further Info, email Josh Taylor at joshua.taylor3496@hotmail.com
Year 11 Parent/Student/Teacher Interviews

An email has been forwarded to Parents and Caregivers on Tuesday, 25 October 2016, with regard to the Parent/Student/Teacher interviews which will be held for Year 11 students from 4.00pm until 8.00pm on **Tuesday, 8 November 2016**.

We are using the Sentral internet-based booking system which is accessed through the Parent Portal to make interview bookings.

Accessing the system is through the Bethany College website, by clicking on the Parent and Student Portal web link from 6.00pm on Monday, 31 October 2016. *(You will not be able to access interviews until this time).*

Bookings close at 10.00am on Tuesday, 8 November 2016 and bookings or changes cannot be made after this time.

Go to the school’s home page [http://bethanyhurstville.catholic.edu.au](http://bethanyhurstville.catholic.edu.au)

- Click the web link on the bottom of the screen as shown below

![Parent and Student Portal](#)

- Enter your username (email address) and password.
If you have not already registered for your access to the Parent Portal you will need to do so prior to making your interviews. Click on the register key instead of the login key. Create a new account using your email address and a password of your choice. When you have registered and return to login, your account will not be associated with any students. To create this association, please enter the access key provided to you earlier in the year. If you no longer have the instruction letter with the access key please contact the College.

You will not be required to use the access key again once you have linked your child/children. Each family has a different access key and every child in your care who is registered at Bethany College is linked to that one code.

If you encounter any problems using Parent Portal please contact the school office by telephone on 8566 0711 and ask for Justine Willoughby or Lisa Matthews-Whelan.

We are sure the system will be of benefit to students, parents and staff. Any feedback you may wish to provide will be most welcome.
WHAT’S BEEN HAPPENING IN RELIGIOUS EDUCATION

Year 7 Reflection Day

On Wednesday, 26 October, all Year 7 students made the short trip to St Mary’s Star of the Sea Primary school to take part in their Reflection Day. Reflection days are an important day for students. Quite often, with the demands and the constant barrage of information we are inundated with daily, we don’t take time for ourselves, to reflect, to be comfortable with solitude, to go a little bit deeper, to look within ourselves and seek answers. The theme for the day was Peace and Peacekeeping, which allowed students to ‘focus on what being a peacekeeper is’. Students gained from activities such as Givens and Changeables and from learning about Gilbert's prejudice toward the colour Orange. When asked for one thing they learned from the day, some student responses included:

'What it’s like to be a peacemaker.
To not judge people by how they look or where they’re from.
That a Peacemaker is someone who cares for others.
It is important to be a peacemaker.
How to be a peacemaker.
We should love god.
We should always forgive people and do our best to help anyone we can.

BE A GOOD SAMARITAN
Help others in need even when it is not required of you.'

Huge thanks to Mrs Criniti, Ms Munro, Mrs Sullivan, Mrs Pelham and Miss Georgiou for helping to lead the day.
Mr Brian Culleton
Assistant Leader of Religious Education and Mission
PDHPE News

The girls set off on an early morning to play CGSSSA volleyball. We were competing against some tough competition. Our girls represented Bethany College with tremendous spirit and enthusiasm. The intermediate team had a very strong pool on the day. They had a win but did not make the semi finals, finishing 5th overall. The senior team made it to the quarterfinals but lost.

Term 4 representative sports are Intermediate and junior touch football; senior volleyball and intermediate and junior softball.

**Touch Football**

Juniors we won 6 points to 2 to All Saints Liverpool

Intermediates we won 5 points to 1 against All Saints Liverpool

**Softball**

Both junior and intermediate teams won

Juniors we won 14-10 against MMCC

**Volleyball**

Seniors were defeated by MMCC in the last set by a very close 2 points: 25-17, 21-25, 15-13.

We are also competing in CGSSSA cricket. Congratulations to all girls who have been selected.
Kirsty Soles

PDHPE Teacher
School Xchange

www.schoolxchange.com.au is an online marketplace where parents and students can sell or buy local, good quality second hand school uniforms, school and university text books, sporting equipment or musical instruments. Bethany College is registered with this site.

Whether it’s school uniforms, musical instruments, text books or sporting gear it’s free to browse and buy at any time.

For a small listing fee, you can sell unwanted school items to buyers looking to purchase items at a substantially lower cost. Generally, this will be within our local school community which means no postage and packaging costs.

Schoolxchange has been developed with busy mums and dads in mind and made it trouble-free and easy to use. Just type in Bethany’s name in the ‘find your school option’ or choose the buy or search options to view all the items listed in a particular category.

Selling Used School Gear Made Easy
The selling process is as simple and as inexpensive as possible. You only pay to list items for sale. It may be a school blazer, netball outfit, athletic gear or a trombone that’s no longer required.
You will need to register first if you wish to sell and you’ll need either a credit card or PayPal account to pay a small listing fee of 10% (less for more expensive items) based on the price you want to sell the item for.
Once registered, you simply key in the details of your item and the price you are seeking. Your listing will stay online until it’s sold and you remove it. We hope you find this site useful.
A MESSAGE FROM THE PRINCIPAL

All Saints Day

They will receive blessing from the Lord and vindication from the God of their salvation. Psalm 24:5

THE REAL MEANING OF HALLOWEEN

Halloween is a popular secular holiday today. Countless kids, teenagers (and often adults) love dressing up as something on October 31st and going around the neighbourhood from house to house, door to door. The ever familiar “Trick or Treat!” is on everybody’s lips that night. Goblins and ghosts, witches and skeletons, knights and princesses; and many, many other costumes can be seen parading about the dark streets. The decorations of this night seem to reflect the same overall theme of frightening, creepy, scary and, at times, downright demonic. At the end of this night, everyone goes tramping home with their collections of goodies. And yet, although celebrated by many, few have remembered the origin of this holiday. Just what is Halloween all about? What is it “commemorating”? 
Judging by the activities surrounding this holiday, one could easily be shocked to discover that this holiday is entirely Catholic in its origin. It is certainly surprising that a day when people go dressed up as ghosts and witches, serial killers and other immoral human being types should be rooted in a Catholic feast day. But the truth of the matter is that the holiday of Halloween is, in fact, the remains of a great Catholic “holy day”. Just how, then, did this Catholic feast become a secular holiday? And what was the feast of “Halloween”?

Well, the day that we now know as “Halloween” was originally called “All Hallo’s Eve”. This name may sound somewhat strange to you, but it is easily explained. The word hallow, somewhat out of practice in our English language, is still used in at least one place: The Our Father. As one says the prayer we find, “Our Father, Who art in Heaven, hallowed be Thy Name…” In this context, we see that the word means basically “holy”, but it also seems to suggest a holiness that is revered and treated with honour, respect, and admiration. But what does “All Hallo’s Eve” mean? An eve is generally the name given to the day before another day that is very important. Christmas Eve and New Year’s Eve are in all probability the most well-known and observed.

So we now know that the name “All Hallo’s Eve” must mean that the day following it must be the feast of “All Hallo’s”. Nowadays, though, we refer to it as “All Saints’ Day”. This day has been set aside by the Church to honour those Saints in Heaven who do not yet have a special feast day on the Church calendar. It is also intended to provide additional honour and veneration for those Saints that have a feast day on the calendar but were not honoured sufficiently on their day. A true Catholic Saint is like no other person on earth. These are those few who have grown spiritually to the point where they love God with their whole mind, heart, body, soul and all of their will. This requires heroic self-sacrifice which they endure for the love of God and the benefit of the Church and the salvation of souls. The feast recognizing all Saints has very early origins in the history of the Catholic Church.

So when we are honouring all of the Saints that are in Heaven, we are indeed honouring all of the “hallowed” people in Heaven. Suddenly it is no longer a mystery why the day previous is called “All Hallo’s Eve”.

But why did people commemorate the day before? Eves, as these “days before” are called, were actually a very important part of the upcoming feast. On eves, the Catholic faithful would fast (as the eve indicated), go to Confession, and otherwise prepare their souls for the feast the next day. In fact, two feasts were so important for us Catholics to prepare for, that the Church extended these “eves” to last a longer amount of time. These “eves” are Advent and Lent, the two preparatory periods before two of the greatest feasts of the Church, Christmas and Easter. Christmas actually has its own eve in addition to Advent; Easter doesn’t, though, because it is preceded by Holy Week. Understanding now that eves were special preparation days before great feast days, we see that All Saints’ Day is a fairly important feast day in the Church.

But how did All Hallo’s Eve, a feast day of the Church, become Halloween, a secular holiday that basically commemorates all that is frightening, and in a sense all that is supernatural yet unheavenly? Well, as society drifted farther and farther away from Catholicism, people wanted less and less to remember things that they liked as having come from their Mother the Church. People enjoyed observing these days, but did not like them being attached to the Roman Catholic faith. Feasts like Christmas, Easter, St. Valentine’s Day, St. Patrick’s Day, and All Hallo’s Eve are celebrated the world over yes, but all in a very secular way. Christmas has become the day when people get presents from Santa Claus, Easter’s the day when the “Easter Bunny” gives us chocolates and candies. Saint is omitted from the title of “St. Valentine’s Day” as it becomes a day to give those you love a card and some candy. And while St. Patrick’s Day is still commemorated with “Saint” in the title, it is more a celebration of Ireland and the Irish people than the amazing fidelity that the Irish had for their Catholic Faith during their persecutions from the Protestant English. And All Hallo’s Eve, the day before we remember all of the Saints in Heaven, has become the secular holiday of Halloween, a day to go around dressed up as everything but a Catholic Saint while we collect candy to the offer of “Trick or Treat”!

Prayer for All Saints Day

We give you thanks, O God, for all the saints who ever worshiped you
Whether in brush arbors or cathedrals,
Weathered wooden churches or crumbling cement meeting houses
Where your name was lifted and adored.
We give you thanks, O God, for hands lifted in praise:
Manicured hands and hands stained with grease or soil,
Strong hands and those gnarled with age
Holy hands
Used as wave offerings across the land.
We thank you, God, for hardworking saints;
Whether hard-hatted or steel-booted,
Head ragged or aproned,
Blue-collar or three-piece-suited
They left their mark on the earth for you, for us, for our children to come.
Thank you, God, for the tremendous sacrifices made by those who have gone before us.
Bless the memories of your saints, God.
May we learn how to walk wisely from their examples of faith, dedication, worship, and love.

Amen
DIGITAL SOCIAL SKILLS

This week, I met with Year 9 and their parents as we gradually phase in a Bring Your Own Device (BYOD) environment. One cannot but ponder the enormous advantages and the negative uses of the web environment. I include a great article from Catherine Gerhart, who has some sound advice on how we can work with students to develop digital social skills.

Just as we teach children social skills for real life, there are important social skills for the digital world. As they travel through new social situations, including online, it is imperative that parents teach children to follow a few basic rules.

The internet is a portal into some of the most amazing places, and just like any new place we visit, we are likely to make a few social stumbles. If travelling the world, every culture you visit would have its own social nuances that you are likely to have to work your way around. It would be easy to misunderstand what others say or take offence to something that was not intended.

Young people, at the best of times, are still learning social rules and developing their critical thinking skills around collective interactions. Well-meaning personalities can make all kinds of mistakes when they enter this new online culture.

As parents we want to do whatever it takes to minimise the mistakes our children make online. **Netiquette** is a set of general guidelines for cyberspace behaviour. Here are some basic principles parents can use to help children solve their own ‘netiquette’ dilemmas.

**Be kind** Remember the human behind every screen. Every user is an independent person with individual thoughts and feelings. It can be easy to misunderstand another person’s intentions or even be rude to others when you are not interacting with them in person and given the grace of viewing facial expressions and emotions. Perhaps the best mantra we can go back to as parents is the golden rule of “Treat others how you would like to be treated.” Developing empathy and trying to see that comment, post or photo from many different perspectives takes practice. How would you feel if someone said that to you? Treating others with respect is paramount. Yes, there may be times when you might have to stick up for yourself, however it needs to be done in a responsible and respectful way.

**If you wouldn’t do it there, don’t do it here** Social standards apply to both online and offline spaces, and standards of online behaviour should be consistent with real life expectations. As parents we put many rules and expectations in place as to how we expect our children to behave in a public place. I know I expect my children to show respect, use their manners, help others out, practice kind language, etc. Online is the biggest public place your child will ever find themselves, which is all the more reason to work on exceeding those standards of behaviour.

**Respect privacy** With the world wide web being a public place, privacy is paramount. Learning how to protect personal information and the importance of looking at a website’s privacy policy can help develop skills around internet privacy. Asking for permission before creating accounts and downloading files, strategies for identifying scams and limiting the type of information kids give about themselves or others can help set a strong foundation for their digital lives. Children do not always appreciate that they may be putting their information in jeopardy, because the warning signs are not always obvious. Respecting other people’s right to privacy is also crucial; don’t tell other people’s stories, spread rumours or give away personal details without permission.

http://newsletter.bethanyhurstville.catholic.edu.au/?post_type=newsletter&p=2843&print=1
Develop their internal filter  Parents may feel that they have some control over their child’s use of technology and many use programs and apps that allow for monitoring and filtering content. Despite the best intentions, there are times when filters are re-set, not set up correctly or not even in place – for example when your child goes to their friend’s house, gets online and no safety mechanisms have been established. What this means is that we need to help our children develop their internal filter, as this is the one they will always have and may need to rely on. Research is clear that the best way to teach morals and ethics is through example.

Teach them to do the right thing  Parents can nurture moral principles that will guide their children to stand up for their beliefs and act right even without us. Know what you stand for so that your child knows. Parents with clearly identified moral convictions are more likely to raise children that do the right thing. Pursue opportunities to look for moral issues and talk about them as they come up: from TV shows and news events to situations at home, school, and friends. Discuss with your child how you feel about the issue and why.

Be upstanding  There will be times online when your child will have to be brave and stand up for others, when they will have to go against social pressure to do what is right. When someone they know is being deliberately upset or harassed by another person, expect your child to move from bystander to upstander, because this is the right thing to do. In most cases many people contribute to the cyberbullying. Many know about the situation, but choose not to get involved. Encourage your child to stand up, speak up and act up against online abuse. They can support the target by letting them know they are there and provide empathy. Encourage your child to report what is happening to a trusted adult; someone who they believe will listen and has the skills, desire, and authority to help.

THINK

Using the THINK rule can go a long way in practicing digital social skills. It is a checklist of questions that children must go through before they post or comment online. \ 

Is it True?

Is it Helpful?

Is it Inspiring?

Is it Necessary?

Is it Kind? Created to emphasise care online, it applies to real world engagement as well.

Technology is moving forward quickly, and it continues to evolve at an unprecedented pace. Taking the time to impart digital social skills at an early age is vital for our children as they move from playground friends to social media and gaming friendships.

These simple rules apply all along the developmental spectrum. They also give us a clear understanding of what we can do as parents, to help our children manage a positive digital reputation.

(by Catherine Gerhart, a dedicated advocate of critical thinking skills in children and young people. As a parent of school aged children she understands the commitments and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities. Catherine is a certified training provider through the Office of the Children’s eSafety Commissioner)

Tips for parents

1. Practice makes perfect – keep reinforcing positive digital social skills and a strong foundation will be laid
2. Coach about privacy in a public place
3. Follow the social code of good people
4. Manners are necessary
5. Complimentary conduct is proper
6. We are free to follow group rules. We are not free to hurt others
7. Encourage the THINK rules

PARENTS AND FRIENDS NEWS

I wanted to thank the current P & F executive for their work this year: Marijana Skoflic, Sonia Bennett and Kelly Efremidis. At the last meeting, an AGM was held and we have had a change in office bearers for 2017: Les Salisbury (President), Sonia Bennett (Treasurer) and Kelly Efremidis (Secretary). My special thanks to the 2017 team for accepting their nominations and joining us in the work of making Bethany the best it can be!

Our mantra:
“Girls can do anything.
Bethany girls can do everything!*
(*except divide by zero)"

Vicki Lavorato
Principal
From the Assistant Principal

Important Dates: Term 4

- Tuesday, 8 November 2016 - Year 11 PTS Interview evening
- Wednesday, 9 November 2016 - Year 7 (2017) Orientation Evening
- Tuesday, 15 November 2016 - Music Performance Evening
- Tuesday 22 November 2016 - Shakespeare Festival
- Wednesday 30 November - Performing Arts Showcase
- Tuesday, 13 December 2016 - Semester 2 Awards Ceremony
- Wednesday, 14 December 2016 - Last day of classes for students; dismissed at 12.30
- Thursday, 15 December 2016 - Years 9-10 Parent/Teacher/Student interviews. Pupil Free day
- Friday, 16 December 2016 - Staff Development Day – no students
- Monday, 19 December 2016 - Staff Development Day – no students
- Tuesday, 20 December 2016 - Staff Development Day – no students
CHANGE OF FINISH TIMES at Bethany for 2017

Over Term 2 and Term 3, the College undertook a review of our timetable structures. As a result "movement times" that lengthened the day were removed as they did not serve their purpose. Our timetable for 2017 now has 6×50 minute periods and students finish at approx 3pm (2:57) on Monday, Tuesday, Wednesday and Friday. Thursdays will have 5×45 min periods, then students will have sport (Y7-10) or lessons (Y11-12). Students will be dismissed on Thursdays at 3.15 from school, or from sporting venues as individually allocated. Recess and lunch breaks will remain 20 min and 40 min respectively. Afternoon School Special bus times have been adjusted accordingly by Transdev, and the revised timetable will be available on their website soon.

Jacinta Russo
Assistant Principal